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Your essential daily news | WEEKEND, AUGUST 26-28, 2016

High 22°C/Low 19°C Scattered showers

Sonia Gillies-da Mota, left, Nicole Tufts  
 JEFF HARPER/METRO

## Get ready for RIOT

Stylish snack bar opening on Quinpool Road

**metroNEWS**

## Time 'is now' for new park, says group

**WILLIAMS & COLPITTS LAKE**

**HRM urged to protect 379 acres of forest, granite barrens**



**Haley Ryan**  
 Metro | Halifax

Now is the time to create a wilderness park near Williams Lake, say a conservation group and landowner.

The Nature Conservancy of Canada (NCC), in partnership with the Shaw Group, are urging HRM to protect 379 acres of mixed forest and granite barrens surrounding Williams and Colpitts Lakes.

"It's a very loved site," Craig Smith, Nova Scotia program director with NCC, said Thursday about the area that includes the Backlands.

"We have to embed access to green space within our cities. One of our messages to city council has been, 'you want to create a highly liveable 21st-century Halifax? This is one of the things.'"

Smith said the NCC and Shaw submitted a proposal for the park in April at regional council, and during an upcoming Sep. 16 meeting they hope councillors will direct staff to begin talks about buying the land.

Smith said while the NCC hopes both projects happen, the opportunity for Williams Lake "is now" since their group can only provide funding in the short term, and the developer is already willing to talk.

"There is kind of a time window on the concept," Smith said. There will be a public information session on the park proposal held at the Captain William Spry Community Centre on Tuesday at 6:30 p.m., Smith said.

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# 5

## THINGS TO DO IN HALIFAX THIS WEEKEND

There's the Mooseheads, music legends and much much more.



**Haley Ryan**  
Metro | Halifax



JEFF HARPER/METRO

### 1 Drop the puck

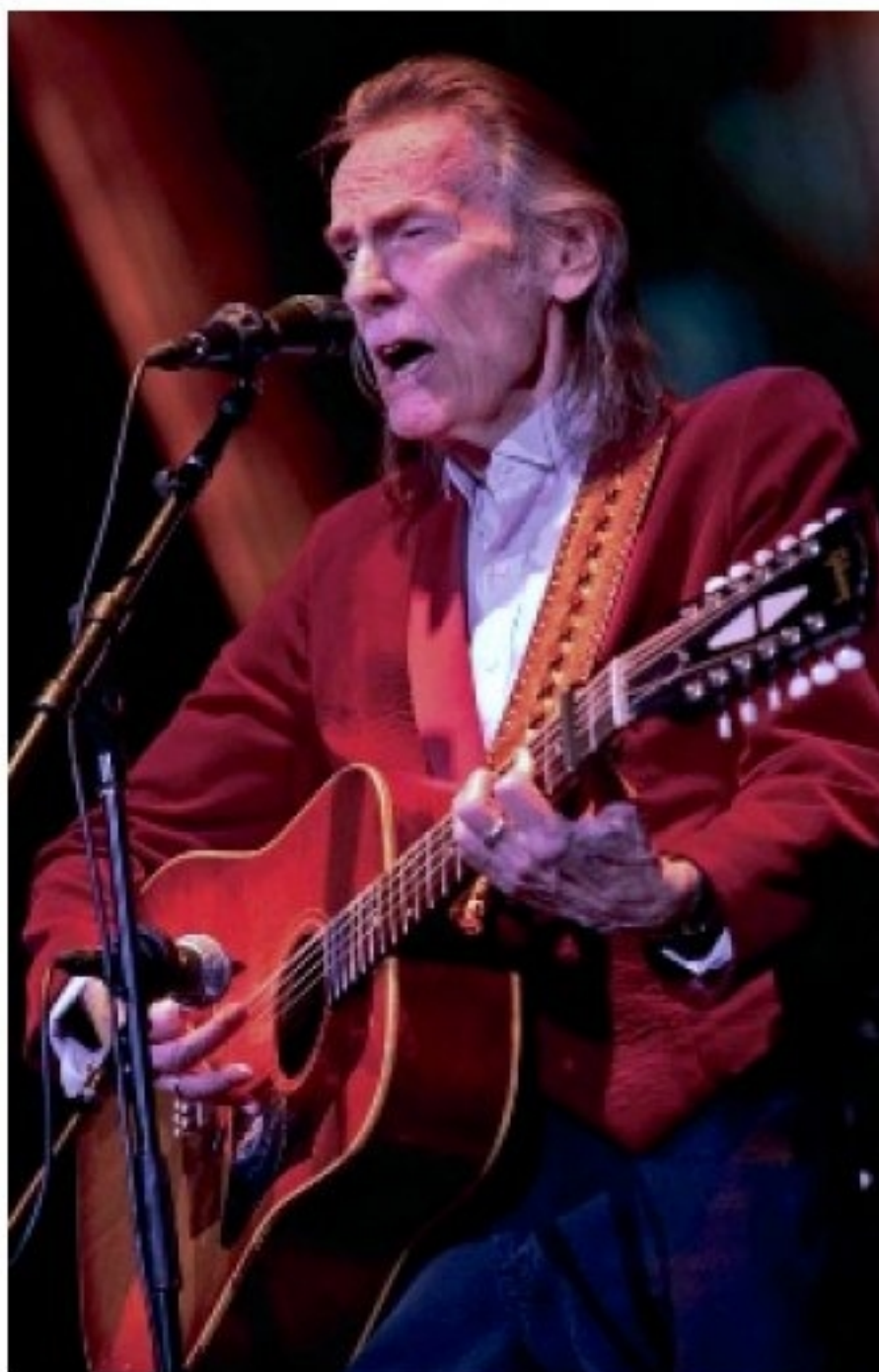
Who doesn't like hockey in the summertime. The Halifax Mooseheads begin their home exhibition schedule Sunday afternoon when they play the Charlottetown Islanders at the Halifax Forum at 4 p.m. The rebuilding Mooseheads could be a team to watch this season thanks young hopefuls Benoit-Olivier Groulx, Jared McIsaac and Nico Hischier.



CONTRIBUTED

### 2 Riot brewing

Beer lovers are in for a taste of Liquid Riot this weekend as Stillwell turns over their taps to the Portland, Maine brewery at their Barrington Street bar on Friday night and the Spring Garden Road beer garden on Saturday.



METRO FILE

### 3 Music legend

Canadian music icon Gordon Lightfoot is playing in Halifax this weekend, with shows at the Rebecca Cohn Auditorium on Friday and Saturday night. Lightfoot is currently on his 50 Years on the Carefree Highway Tour and is playing many of his timeless hits, including If You Could Read My Mind. Tickets range in price from \$76.50 to \$160 and are available through the Dalhousie University Arts Centre box office.



CONTRIBUTED

### 4 Turn me loose

Canadian rockers Loverboy are back in Halifax to make sure everyone's Lovin' Every Minute of It Friday night at Casino Nova Scotia's Schooner Room. The Working for the Weekend group take the stage at 8 p.m., and doors open at 7:15 p.m. Tickets are \$60 or \$70 for premium seats, and available at the Ticket Atlantic box office, by calling (902) 451-1221, online at ticketatlantic.com, or certain Atlantic Superstores.

### 5 Furry friends

Everyone is invited to the annual Hope For Wildlife open house on Sunday from 12-4 p.m. at their 5909 Highway 207 location in Seaforth. Get a behind the scenes look at wildlife rescue and habitation facilities like the bird and mammal nurseries, recovery units, marine unit and flight cage while enjoying a BBQ and live music.

METRO FILE



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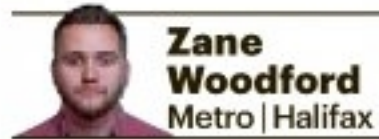
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## WINDMILL ROAD

## Baby's death probed



**Zane Woodford**  
Metro | Halifax

Police are calling the death of a three-month-old baby boy in Dartmouth suspicious.

A release says Halifax Regional Police were called to an apartment building on Windmill Road at 9:16 p.m. last Friday where the baby was "in medical distress and was unresponsive."

The baby was taken to hospital by ambulance, and he died on Sunday.

The medical examiner's office conducted an autopsy on Monday, but police say "further testing is needed to determine the manner of death."

Spokesperson Const. Dianne Woodworth didn't know on Thursday whether that meant another complete autopsy.

"I don't know what it entails, I just know there's further testing to be done," she said.

Police say the baby's next of kin was updated on Wednesday, and investigators have been speaking with the family "regarding the circumstances that led to the baby's death."

Woodworth wouldn't say whether that meant investigators were suspicious of the family. "They're just trying to gather all the information they can, and awaiting the manner of death from the medical examiner," she said.

Woodworth said a "family member" made the call to 911, but wouldn't say whether that family member was a parent.



**There's further testing to be done.**

Const. Dianne Woodworth

# Woman waits for apology

## RACIAL PROFILING

## Accused in Sobeys case issues first comments



**Haley Ryan**  
Metro | Halifax

A Halifax-area woman at the centre of a racial profiling case at Sobeys is speaking out for the first time as she awaits a "long overdue apology" from the company.

Andrella David said in a statement Thursday she has "stayed quiet long enough."

An October 2015 human

rights inquiry found that David had been discriminated against based on her African Nova Scotian race and perception of income when she was unjustly accused of stealing.

In April, Sobeys was ordered to pay David \$21,000 in a remedy decision, but they have yet to implement any inquiry recommendations or offer an apology.

"This was never about the money for me; it has always been about the dignity and respect that I deserve," she wrote.

"I am awaiting a long overdue apology from Sobeys group, and I am truly saddened that Sobeys will not recognize that the behaviour and comments of their employee, not only about me, but about my community as well, were sim-



**After seven years, I will continue to fight for accountability, staff training and I will continue to await an apology that has been well overdue.**

Andrella David

ply racist."

David's case involves an assistant manager at the Hammonds Plains Road Sobeys who accused her of shoplifting multiple times in 2009, and said they had caught her on tape.

The manager said they'd caught someone stealing at Sobeys "not too long ago from Pockwock Road" in reference to a street in the historically black Upper Tantallon community, and referenced "cheque day" when discussing which day of the week David was alleged to have shoplifted.

Earlier this week, the African United Baptist Association of Nova Scotia (AUBA) called for a boycott of Sobeys to protest the grocery chain in light of the company's lack of steps to begin racial sensitivity training,

which was a key recommendation of the inquiry.

A rally outside the Hammonds Plains store in March was also held to protest the Sobeys appeal and ask for an apology to David from the company.

David wrote she is "truly grateful" for the support she's received, not only from friends and family, but the entire community of Upper Hammonds Plains, people across Nova Scotia, and around the country since the issue became public.

In an email on Monday, Sobeys spokeswoman Shauna Selig said the company will soon withdraw their appeal of the human rights decision, but did not give a timeline on when that will happen or whether an apology will occur.



### LAST STEPS MEMORIAL HONOURS TROOPS

Metal artist Al Simm wood burns footprints into the waterfront on Thursday. The footprints are part of the Last Steps Memorial Project which was spearheaded by the Army Museum of Halifax as a tribute to the troops that took their "last steps" onto ships here — close to 350,000 deployed from here in the First World War alone.

JEFF HARPER/METRO



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**MOBILE GAMING GOTTA SKETCH 'EM ALL** A child looks over a colourful Pokémon-themed chalk drawing in progress near the Maritime Museum of the Atlantic on Thursday. Behind the museum is a popular spot along the waterfront for Pokémon Go enthusiasts. JEFF HARPER/METRO

# Blame Northwood for food: Premier

## SENIOR CARE

### 'Bland' food at nursing home blamed on budget squeeze

Nova Scotia's premier is defending his government's record on funding for nursing home food, saying a large Halifax care facility that's been criticized for bland food has a significant budget surplus.

The opposition parties have said a per-person food budget of less than \$6 per day per resident at Northwood isn't sufficient, and are linking the complaints to budget reductions for long term care in the last Liberal budget.

Stephen McNeil says Northwood — one of the province's largest long-term care facilities — is making its own decisions on how much is being spent on food.

"They're complaining about the blandness of the food and the preparation and this very nurs-

ing home we're talking about had a surplus ... it doesn't sound like a shortage of money," he said.

"Our job as a government is to provide the overall budget and make sure they're following overall criteria, which is to the Canada Food Guide."

A spokesperson from the care facility wasn't available for comment.

the things they can cut, which directs them to food," said Jamie Baillie, the Conservative leader.

The New Democrats have also raised the issue, and recently released figures obtained through a freedom of information request to the Health Department indicating the budgets of individual nursing homes and residential care facilities across the province are being reduced.

**“It is absurd to think that you can cut residential care budgets without impacting programming, diet or staff. NDP Leader Gary Burrill**

However, the Conservative and NDP opposition have said the McNeil government's reduction in funding to nursing homes has played a role in squeezing operating budgets for food and staffing levels.

"It's not like it's only Northwood. This is happening in nursing homes across the province. The Liberals have cut their budgets and people who run those homes are forced to cut

The province's 2016-17 budget projected a cut of about \$3.1 million to long-term care facilities, with the Liberals saying most of it could come out of administrative savings.

"The real effect of Stephen McNeil's talk about 'fiscal restraint' is that the residents of nursing homes and care facilities are forced to make do with less," said NDP Leader Gary Burrill in the release. THE CANADIAN PRESS

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# This diner incites a RIOT

## CUISINE

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**Zane Woodford**  
Metro | Halifax

There's a good chance Halifax food revolutionaries Nicole Tufts and Sonia Gillies-da Mota will be charged with inciting a riot. Or at least a food riot.

The pair's RIOT Snack Bar on Quinpool Road will start serving up its fast food revolution during Friday's soft-opening, gearing up for a grand opening in September.

"Eating healthy on the go isn't really a big thing here yet, so we wanted to go fast food, and we wanted to make it as good as possible," Tufts said during an interview at the new space on Thursday.

"The whole theme of the restaurant is the food revolution. Changing the way people think and feel about food."



**RIOT Snack Bar co-owners Nicole Tufts (left) and Sonia Gillies-da Mota.** JEFF HARPER/METRO

Tufts said that means thinking about the ethical treatment of animals and about how farmers are treated, and supporting the local economy. The food served at RIOT will be ethically and locally sourced.

The menu consists of five hot boxes — salad with a choice of protein — along with four burgers and a variety of snacks including The Storm Chip — a crispy twisted chip on a stick.

The boxes are all gluten-free, and there are vegan and gluten-free options for nearly every dish.

RIOT will also have craft beers on a rotating tap, starting with Good Robot and Ta-

**"Eating healthy on the go isn't really a big thing here yet, so we wanted to go fast food, and we wanted to make it as good as possible."**

Nicole Tufts

tamagouche Brewing.

Tufts and Gillies-da Mota met about a year ago, at a time when they were ready to revolutionize their own lives.

They both hated their jobs at the time, and were ready to become entrepreneurs.

"We met once, and that was it. Second time we met was a business meeting," Gillies-da Mota said. "One year later this opened."

Gillies-da Mota said they both make "really terrible employees," and they don't work well with others, but they do work well together.

"We just create really cool sh- together," Tufts said.

## DARTMOUTH

# Resident detains home invaders



**Philip Croucher**  
Metro | Halifax

Police say a man detained two young offenders who had broken into his apartment in Dartmouth on Wednesday night.

Halifax Regional Police say they were called to a residence in the 200 block of Windmill Road around 7:25 p.m. in regard to the incident.

The victim had two boys in custody and he turned them over to police when officers arrived on scene.

Spokeswoman Const. Dianne Woodworth said the victim told the suspects to wait while he called police, and they listened to his orders.

Police believe the two youths also broke into two businesses in the same building.

Both were to appear in court on Thursday to face unknown charges.



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## NATURAL RESOURCES

## Clear cutting not sustainable: Adviser

A member of an expert panel that examined management of Nova Scotia's natural resources in 2011 says he's disappointed the province is moving away from a goal of reducing clear cutting by 50 per cent.

"I am very disappointed," said Allan Shaw, chairman of the Shaw group of companies. "We have too much clear cutting now and what we do now is not sustainable."

A progress update released last week by the Department of Natural Resources said the province's 10-year natural resources strategy committed five years ago to taking action on clear cutting and whole-tree harvesting based on "our best information and intentions at the time."

But the document said "times had changed" and that the department had learned more about what it means to take an "ecosystem-based,

landscape-scale approach to land management."

"In some areas, clear cutting will not have an impact on the total health of the forest. It may even improve it," the document states. "In others, clear cutting could have a negative impact."

Shaw said it appears the Natural Resources Department has decided to "revert to the status quo."

"I think they have gone to doing what they've done for the last 100 years or so ... which is be largely supportive of the larger pulp and paper and forestry companies."

Asked about the criticism, Natural Resources Minister Lloyd Hines said that much had changed in the five years since the panel's report was released, including new scientific approaches to managing the forests.

THE CANADIAN PRESS

### IN BRIEF

#### Alberta man dies in Cape Breton motorcycle crash

A 40-year-old Alberta man is dead after a motorcycle accident in Nova Scotia.

The RCMP say a motorcycle was travelling on Highway 4 in Richmond County near Johnstown in Cape Breton Wednesday when it crashed into a ditch. The driver died at the scene.

"Our thoughts are with the victim's family and friends at this difficult time," a RCMP release states.

The cause remains under investigation. METRO

#### Police seek bank robbers

Police are looking for two suspects after a bank was robbed in the Halifax area on Thursday night.

Halifax Regional Police say around 7 p.m. two people entered the Scotiabank on Lacewood Drive, produced a weapon and demanded money from staff.

The two people fled with an unknown amount of money and couldn't be located by an Emergency Response Team, and a K9 unit, who rushed to the scene. No one was hurt. METRO



The Bay of Fundy Inshore Fishermen's Association has gone to court to argue that the giant electric turbine project is based on 'junk science' and should be postponed for more study. METRO

## Keep the turbines out of Bay of Fundy: Fishermen

### BAY OF FUNDY

#### Group goes to court to challenge tidal energy study

A group representing 175 Nova Scotia fishermen appeared in court Thursday in a bid to stop a plan to test giant electric turbines in the Bay of Fundy.

The Bay of Fundy Inshore Fishermen's Association says the Cape Sharp Tidal project is based on "junk science" and should be put on hold until a year-long study can establish a scientific baseline for the state of the bay.

In June, Nova Scotia's environment minister granted approval for the installation of two, five-storey turbines on the bottom of the bay for tidal power research.

The association has filed an application for a judicial review of that decision, saying the minister acted unreasonably and failed to adequately consider evidence that suggests the project requires more study.

Nova Scotia Supreme Court judge Denise Boudreau said a two-day hearing on the merits of the application would begin on Feb. 1, 2017.

As well, she said a hearing could be held on Oct. 20 if the

# 175

Number of fishermen represented in the Bay of Fundy Inshore Fishermen's Association.  
SOURCE: TORSTAR MEDIA

association decides to file a motion seeking a stay of the minister's decision. THE CANADIAN PRESS

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# No crossing the rainbow

## TRAFFIC

### Stellarton opts not to follow Sydney's lead and stays white

The town of Stellarton likely won't be painting any crosswalks in rainbow colours.

At the June council meeting, Coun. Denise Taylor had requested that a crosswalk in the town be painted in Pride colours to show support for members of the LGBTQ community.

"Just to show we're an inclusive community," Taylor said.

However, at the meeting this week, Police Chief Don Husher explained why doing so isn't such a good idea. Speaking as the town's traffic authority, he said the colour of crosswalks across the rest of Canada is white.

"The reason is all traffic signals from coast to coast are consistent."

He said when motorists



Several crosswalks in Sydney, including these at the corner of Charlotte and Prince, are painted in rainbow colours. In Stellarton they've decided to stick with white. TC MEDIA

come across crosswalks, they are recognizable because they're all the same hue.

"If we introduce other colours, we have inconsistencies and it causes confusion. I would

not recommend interfering with the crosswalks."

TC MEDIA

## LIQUOR LAWS

### Sour taste as hopes of cheap beer fall flat

While New Brunswickers are enjoying the spoils of a suds war with Quebec, Nova Scotians can expect to continue paying premium beer prices.

NB Liquor reports its sold 870,000 cases of beer exclusively through a promotion to stem the amount of sales going to Quebec. The promotion — four 15-pack cases of canned beer for \$75 — has gone so

well the organization now says they will extend the summer promotion until Oct. 9.

Here in Nova Scotia, however, the same offer is costing customers \$41 more and there are no plans to put prices down when many would like to hoist a toast to competitive pricing. The Nova Scotia Liquor Commission's Denise Cora told media this week the Crown

Corporation will not match or compete with New Brunswick's promotion.

The promotion began in July and brands included in the sale are Alpine, Moose Light, Budweiser, Bud Light, Canadian and Coors Light.

How the New Brunswick sale has impacted NSLC's sales won't be known until October, Cora told media, but

New Brunswick is reporting it has made \$15.2 million just through the promotion alone.

Cumberland County, New Brunswick's closest Nova Scotia neighbour, has a population of approximately 31,353 people. In 2013, liquor sales from the region amounted to \$16.4 million, an average of \$523 per person.

TC MEDIA

# SUMMER INVENTORY CLEARANCE!

## ONE-OF SALE

Shop Early For Best Selection

### BRENTWOOD

	Reg.	Sale	% Off
2844-66/69 Sectional with chaise - Eclipse Putty	\$2575	\$1799	30%
2846-66/69 Sectional with chaise - Moonlight Stone	\$2575	\$1799	30%
2227-69/64 Sectional - Donovan Oyster	\$2619	\$1699	35%
2846-38/35 Sofa & Loveseat Bourgeoisie Flax	\$2508	\$1749	30%
2846-38/20 Sofa & Chair Bourgeoisie Flax	\$2198	\$1539	30%
2846-38/35 Sofa & Loveseat Fabric Sentinel Canvas	\$2639	\$1849	30%
1145-69/66 Sectional with Chaise Seed Taupe	\$2575	\$1799	30%
L1408-29/65 Sofa with Chaise Leather Portofino Ivory	\$4889	\$3179	35%

### CAMPIO

	Reg.	Sale	% Off
3004 Sofa & Chair Leather Havana Dark Brown	\$4068	\$2849	30%
3001 Sectional Leather Coriva Ice	\$4235	\$2959	30%
647 Sectional Leather Coriva Ash	\$4399	\$3079	30%
Versailles Sofa & Loveseat Leather Coriva Cranberry	\$3908	\$2735	30%

### ELRAN

	Reg.	Sale	% Off
41609/41602 Reclining Sofa & Chair Grey Leather With power	\$5968	\$4469	25%
41609/41602 Reclining Sofa & Chair Dark Brown	\$5358	\$3999	25%
4047 4 piece sectional Brown Leather	\$6899	\$5169	25%
4008 Theatre Seating Loveseat Leather Dark Brown	\$4459	\$3339	25%

### FORNIRAMA

	Reg.	Sale	% Off
807/RC87 Sofa & Reclining Chair Burgundy Leather	\$5137	\$3849	25%
782 Loveseat Charcoal Leather	\$2619	\$1829	30%

### FUTURE

	Reg.	Sale	% Off
7053QS Queen Sofa Bed Delta Java	\$2549	\$1475	40%
Isabella Sofa, Chair 1/2 & Ottoman Fabric	\$5239	\$3139	40%

### PALLISER

	Reg.	Sale	% Off
5 piece sectional Leather Carnival Bamboo	\$7579	\$5679	25%

### SUPERSTYLE

	Reg.	Sale	% Off
L5002 Sofa & Loveseat Leather Torino Red	\$4298	\$2999	30%

### CANADEL

	Reg.	Sale	% Off
42" round table with 1 20" leaf + 6 side chairs Finish 49M	\$3419	\$2049	40%
42" round table + 4 upholstered chairs Finish 14M	\$2879	\$2159	25%

### COLLEGE WOODWORK

	Reg.	Sale	% Off
Bayview 6 piece Queen Bedroom Suite Finish Cocoa	\$6566	\$4919	25%
Rosspoint 6 drawer Chest Finish Fireside	\$1269	\$629	50%
Bayview Night Stand Finish Cocoa	\$715	\$359	50%

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# 'Hockey was an escape for me'

MENTAL HEALTH

## Coach talks about his own journey with depression

One of the toughest challenges TJ Smith ever faced was talking to his parents about his suicidal thoughts and then watching tears run down their faces.

"My parents had come over from Newfoundland because they knew something was wrong," he said. "They encouraged me to get help. I was in such a dark spot by then, I barely remember my visit to the hospital."

Most would never have suspected Smith was struggling with depression. He was a high-scoring forward with the Truro Junior A Bearcats hockey team for three years before going on to NCAA Division 1 hockey. He returned to Truro as assistant coach for the Bearcats from 2007-2009 and moved up to head coach and GM of the Yarmouth Mariners last winter.

That's when suicidal



TJ Smith in a portrait taken this week. TC MEDIA

thoughts began to overwhelm him.

"I can't pinpoint the time depression started; probably in my late teens," said Smith, now 30. "Feelings of worthlessness became more common and I had trouble sleeping. I went on to use alcohol on weekends to silence the demons but I never used drugs. Hockey was an escape for me but there were problems inside. I would grab my mask and put it on to go out the door. I was putting on an act."

He thought he could hide his depression until it went away. But the bad days became bad weeks, then bad months. Things became more difficult. He was gambling as a way to escape from his feelings and thoughts.

After breaking down and talking to assistant coaches and his parents, he went to hospital in January and was officially diagnosed with major depression. He was admitted to a psychiatric unit. After three weeks he was released but a month later he returned for a few days. In April he felt the need to go back in for a couple of nights.

"Since I've been diagnosed

I've been doing a lot of reading and writing a blog," he said. "I did it to clear the air at first but strangers have reached out to me and I feel I'm helping people. I want to motivate others to seek help."

"Coaching hockey is big for me but I'd like to work in mental health, too. I'm interested in peer support and would like to talk at high schools."

He quit drinking, takes medication and ECT treatments, talks to his parents every day and spends time with his four-year-old son, who lives in Halifax. He and the child's mother are still friends and she remains supportive.

"I'm working out a few times a week and being more mindful, trying not to rush through things," he said.

Although he has made a lot of progress, his struggle continues. He also wants to help others with their struggles.

"I don't hold back when I talk about my mental health because that would play into the stigma," he added. "I want people to know it's not a bad thing to seek help. Mental illness is like any other illness you need help for."

TC MEDIA

### + EXCERPT

In a July blog post, Smith wrote of grabbing his head and holding it as if he can pry the thoughts from his brain.

"I want to close my eyes. But I can't. That's where the darkness lies. When I shut them, the thoughts are horrifying. I see more with them closed, than I do when they are opened."

COURT

## Dalhousie student pleads guilty on weapons charge

A Truro man suspended from Dalhousie University is to be sentenced Oct. 26 after recently pleading guilty in provincial court in Halifax to a weapons charge.

Stephen Gregory Tynes, 31, of King Street, pled guilty last Friday to unauthorized possession of a prohibited device — an over-capacity cartridge magazine.

Documents filed after Tynes was charged last summer indicated that police had seized 1,834 rounds of ammunition, rifles and gun accessories from a Halifax apartment.

He was also charged at that time with making death threats against two people connected to Dalhousie University. The threat charges

were later dropped in exchange for a peace bond.

Tynes is also scheduled to appear in mental health court on Sept. 22 for an application related to a sexual assault charge laid last winter by Halifax Regional Police. The sexual assault offence is alleged to have occurred between May 22 and 25, 2013.

TC MEDIA



# PM urges Liberals to focus on growing middle class

SAGUENAY, QUE.

**'We need to look 40 years down the road,' Trudeau says**

Prime Minister Justin Trudeau warned his Liberal MPs on Thursday to resist resting on their laurels now that they have formed government, and to avoid becoming too distracted by the daily ups and downs of life in politics.

"We should be proud of what we've accomplished, but never satisfied," Trudeau told the national Liberal caucus, which gathered in Saguenay, Que., to hammer out the legislative and political agenda before returning to Parliament Hill next month.

"I know that it's easy to get caught up in the day-to-day, but let's never forget why we are all here in this room — to help the middle class and those working hard to join it."



Justin Trudeau is greeted by members of his caucus at in Saguenay, Que., on Thursday. JACQUES BOISSINOT/THE CANADIAN PRESS

The prime minister said that vision applies not just for the rest of the year, nor even the rest of the majority Liberal mandate before the 2019 election.

"As a government, we need to look 40 years down the road, not just four. To the next generation, not just to the next election. Because when a government takes that long view, it can deliver extraordinary results for Canadians," he said.

The fight against climate change is one particularly "daunting challenge" that lies ahead, Trudeau noted.

Thursday's long-game reminder from Trudeau also comes after a rough few days of negative attention over expensive mistakes by some rookie ministers, such as the thousands Health Minister Jane Philpott spent to be chauffeured around in a luxury vehicle

## + FEMINISM

Trudeau has joined a social media campaign urging world leaders to acknowledge that poverty has a disproportionate impact on girls and women. "Women and girls are less likely to get an education, more likely to be impoverished, and face greater risk of disease and poor health," Trudeau wrote in a letter.

The letter was crafted in response to a call from the ONE Campaign, which promotes maternal and child health projects in developing countries.

owned by a Liberal volunteer.

The caucus retreat is a way for Liberal MPs to reconnect after the summer away from Ottawa, but also to get updates from cabinet ministers on their legislative plans for the fall.

THE CANADIAN PRESS

# Lone wolves are main terror threat: Report

The main terrorist threat on Canadian soil remains lone wolves or small groups inspired by ideology to carry out attacks, a new public safety report states.

The 2016 report on terrorist threats to Canada drew a distinction between attacks "inspired" by extremist ideology versus those "directed" by terrorist organizations abroad.

"As with the 2014 attacks in Canada, an individual or small group can be inspired to carry out an act of violence ... with little or no warning," states the report, released Thursday morning.

"Such attacks can target areas with limited or no security, including crowded public places and public transportation. Even small-scale terrorist attacks have significant psychological and

economic impacts."

The October 2014 attacks in Saint-Jean-sur-Richelieu, Que., and Ottawa seem to fit the "inspiration" category — as does the attempted attack foiled by authorities in Strathroy, Ont.

Aaron Driver was shot dead by police after the FBI tipped off Canadian authorities that the 24-year old, who was on a peace bond due to a suspicion he was connected to terrorist groups, planned to attack a major urban centre with a homemade bomb.

Public Safety Minister Ralph Goodale said Driver's plan shows the need for "continued vigilance."

The report comes as the Liberal government prepares to review Canada's national security framework.

TORSTAR NEWS SERVICE

## CRIME

### Crossbow incident leaves three dead, one injured

Three people suffering from what appeared to be wounds from a crossbow were pronounced dead Thursday in an incident that rocked a Toronto

neighbourhood, police said. An injured 35-year-old man was taken into custody. Two men and a woman were pronounced dead a short time later. A crossbow was found nearby on the floor.

THE CANADIAN PRESS

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Australian-Lebanese designer **Aheda Zanetti** holds up her burkini swimsuits.

AFP/GETTY IMAGES

## FRANCE

## Burkini bans face legal challenge

France's highest administrative authority is studying whether local bans on full-body burkini swimsuits are legal, amid growing concerns in the country and abroad about police forcing Muslim women to disrobe.

Images of uniformed police appearing to require a woman to take off her tunic, and media accounts of similar incidents, have elicited shock and anger online this week.

Some fear that burkini bans in several French towns, based

on a strict application of French secularism policies, are worsening religious tensions. Divisions have emerged in President Francois Hollande's government over the bans, and protests have been held in London and Berlin by those defending women's right to wear what they want.

Critics of the local decrees have said the orders are too vague, prompting local police officials to fine even women wearing the traditional Islamic headscarf and the hijab, but not

burkinis. The bans do not generally use the word "burkini" but forbid in a general way clothing that is ostentatiously religious.

Prime Minister Manuel Valls said on BFM television Thursday that burkinis represent the "enslavement of women" and reiterated support for the bans — but urged police to implement the bans fairly and respectfully.

Two human rights groups, arguing the bans are discriminatory, appealed to the Council of State. THE ASSOCIATED PRESS



Emergency workers on Thursday search the rubble of a building destroyed during an earthquake in Amatrice, Italy. GETTY IMAGES

## Canadian is among Italy quake victims

## DISASTER

### Our Italian community looking into recovery efforts

A Canadian citizen was among at least 250 people killed in an earthquake that left thousands homeless on Wednesday, said Minister of Foreign Affairs Stéphane Dion.

"I was extremely saddened to see the tragic loss of life following the devastating earthquake in central Italy, which now includes the death of a Canadian citizen," Dion said in a statement. "We share in the grief of the lives cut short by this terrible event."

The foreign affairs department did not release the name of the victim.

Dion said he spoke with Italian foreign minister Paolo Gentiloni hours earlier to express his condolences.

"On behalf of the govern-

ment of Canada, I also extend my condolences now to the family and friends of the Canadian life lost in the quake. Canada continues to stand behind the people of Italy during this difficult period," he said.

The 6.2-magnitude quake struck at 3:36 a.m. and reduced three towns in central Italy to rubble.

Bob Sacco, president of the National Federation of Canadian Italian Business and Professional Associations, says that while it's still early, his organization is looking at options to support recovery efforts.

"I got a lot of calls from our chapters in Montreal and various chapters across Canada that basically said, 'How can we help?' The first step is really to figure out who the right people are to have an idea and do an effective plan," he said.

Sacco was previously involved with fundraising after a powerful 2009 earthquake in Italy's Abruzzo region, which killed more than 300 people. At that time, TORSTAR NEWS SERVICE

### IN BRIEF

#### 13 dead in attack on Afghanistan university

A brazen, hours-long militant attack on the American University of Afghanistan ended Thursday after at least 13 people were killed and dozens wounded in the assault on the sprawling campus, a government spokesman said. The dead included seven students and one teacher, according to Afghan authorities. No group has claimed responsibility. THE ASSOCIATED PRESS

#### Rebels, residents to evacuate Damascus suburb

After four years of bombardment and siege, the residents and rebels of a Damascus suburb agreed to surrender and evacuate Thursday, Syrian government and opposition activists said. The surrender of Daraya is a success for President Bashar Assad's government, removing what has been a persistent threat to the capital and military bases. THE ASSOCIATED PRESS

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# Cold brews hot sellers for chains

## FOOD AND DRINK

### David's Tea, Starbucks brew up icy drink growth

A cold front is moving into the already saturated regular coffee market in Canada, thanks to younger consumers.

"There's no real growth in hot coffee. It's all been done, so the cold beverage market is the evolution for these chains," Doug Fisher, a longtime food service industry analyst, notes.

According to research firm NPD Group, iced coffee has seen a 16.9 per cent growth in sales at fast food restaurants in Canada in the 12 months ending June 2016.

And the cold category's popularity is no longer limited to the summer months either. "We have seen an increased shift in consumer preference from hot to cold throughout the whole year," says Mary Graham, vice president, category brand management, Starbucks Canada.

The java giant has enjoyed a 30 per cent growth in sales over the last two years of all things chilled, from their Frappuccino and new Cold Brew to their Teavana line of products.

McDonald's is also see-

## + COLD FACTS

- 16.9 per cent growth in iced coffee at fast food joints in Canada over the last year
- 30 per cent growth in icy drinks at Starbucks in last two years
- 23.4 per cent growth in iced coffee segment at McCafés in Canada
- 85 per cent of tea consumed in the U.S. is iced

ing strong iced coffee growth of 23.4 per cent at its McCafé counters over the last year.

Starbucks' iced tea business in Canada has grown 41 per cent since August 2014.

Approximately 85 per cent of tea consumed in America is iced, according to the Tea Association of the U.S.A. With this in mind, Montreal-based Davids Tea is brewing up a rapid expansion in the U.S.

The Tea Association of Canada says frequent innovation and constant marketing of new products have helped keep tea top-of-mind for consumers, especially millennials, who are more likely than older generations to drink the beverage.

TORSTAR NEWS SERVICE

## BANKING

# Big banks' profits grow

Canada's big banks have defied predictions that blustery economic headwinds would finally catch up with Bay Street and blow away some of their profit growth.

Four of Canada's Big Five banks have reported third-quarter results this week.

They have breezed ahead of analysts' expectations that a low interest rate environment, high consumer debt loads, lower oil prices and

generally sluggish economic conditions would limit growth potential.

All four beat expectations by a wide margin.

**CIBC** saw profits soar by 50 per cent to \$1.4 billion, driven by the sale of its minority stake in U.S. money manager American Century Investments.

**TD** said it raked in \$2.4 billion, a four per cent gain.

**RBC** reported record net income of \$2.9 billion, up 17 per cent, partially due to the sale of an insurance business. The bank raised its quarterly dividend by two cents to 83 cents per share.

**BMO** saw profits grow four per cent to \$1.3 billion.

**Scotiabank** is slated to report on Aug. 30.

TORSTAR NEWS SERVICE

## market minute

**DOLLAR**  
77.36¢ (+0.02¢)

**TSX**  
14,630.72 (+4.48)

**OIL**  
\$47.33 US (+56¢)

**GOLD**  
\$1,324.60 US (-\$5.10)

**NATURAL GAS:** \$2.89 US (+5¢)  
**DOW JONES:** 18,448.41 (-33.07)

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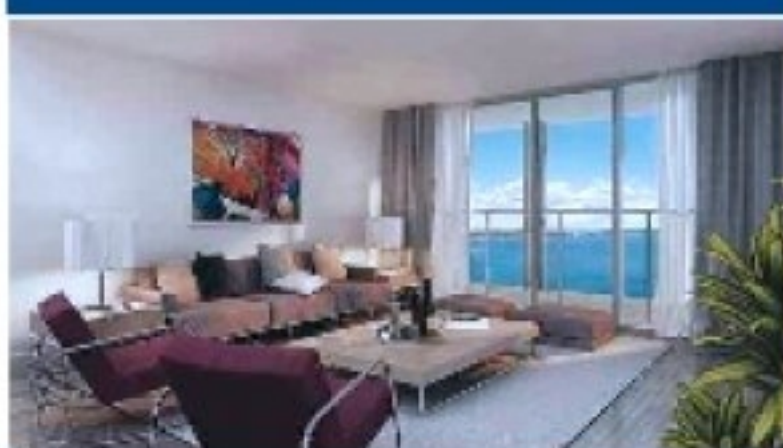
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Cold drinks are the hottest thing out there now for the big players. CONTRIBUTED

## IN BRIEF

### Job action notice issued

The Canadian Union of Postal Workers, representing 51,000 Canada Post employees, issued a 72-hour notice of job action Thursday, just hours before a strike mandate was set to expire, but stopped short of a full-blown walkout.

THE CANADIAN PRESS

### Union slams McEducation

The Ontario Public Service Employees Union opposes the partnership between McDonald's Canada and Ontario's colleges to offer advance placement to the chain's managers. It says employers will value those diplomas less.

THE CANADIAN PRESS

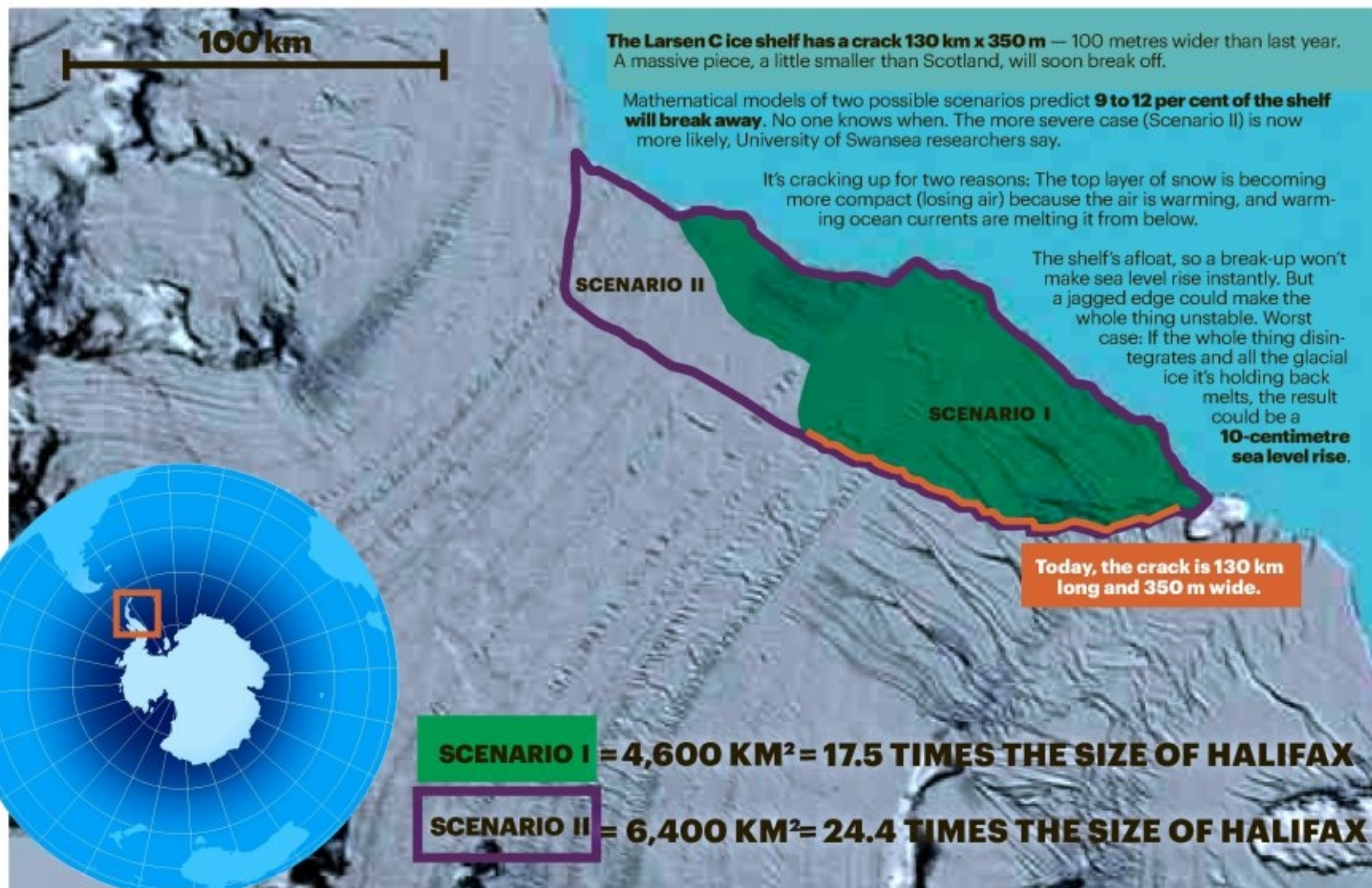


DECODED by Genna Buck and Andrés Plana

## A CHUNK OF ICE THE SIZE OF SCOTLAND

It's literally what happens in the opening scene of the global warming disaster movie *The Day After Tomorrow*. The massive crack in the 350-metre-thick **Larsen C ice shelf**, which hangs off the northern edge of Antarctica, has grown an unprecedented 22 kilometres since March.

**The reason: Climate change. The result: It will break off. And it could be bad.**



### FINDINGS Your week in science



#### SQUISHY ROBOT

It's gooey, eight-tentacled, transparent, and about the size of an SD card: **Octobot**, the first robot with no solid parts. A gas-producing chemical reaction makes it move, showing one day robots could mold to their surroundings.

#### RIVER MARTIANS

If the Curiosity rover had landed on Mars just four billion years earlier, it would have encountered vast, winding rivers. A report in the journal *Geology* says fossilized riverbeds have been discovered — possibly (who knows!) harbouring fossils of living things — on an ancient region of the red planet's surface.

#### SOUND SMART

## CRYOSPHERE

#### DEFINITION

The **cryosphere** is the sum total of all the ice on Earth, including the continental ice sheets, ice caps, glaciers, areas of snow and permafrost, and sea ice. It's part of the **hydrosphere**, the total of all the water on our planet and in its atmosphere.

#### USE IT IN A SENTENCE

Deborah's been reading those climate-change denier websites again. She clearly hasn't been paying attention to the recent, radical shrinking of the **cryosphere**.

#### PHILOSOPHER CAT by Jason Logan

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CITIZEN SCIENTIST by Genna Buck

## My massive math miscalculation

Instead of answering a question this week, I have a confession. It's the reason I'm Metro's citizen scientist, and not a real scientist. It's why I'm not a data journalist.

I never took math seriously in high school or university, and I'm paying for it now.

Math and I parted ways in 2007 when I placed the final exam for mandatory first-year calculus on a table covered in all the hair I'd pulled out in the preceding three hours. I suspect the 72 I earned was closer to a 52, because we were graded on a curve.

Not that I knew what "graded on a curve" meant: I blew off statistics too. My program recommended, but did not require it. And far be it from me to do math that was not required.

It felt like cleverly pulling one over on the school. But I screwed myself over, to lasting effect.

High-school stats didn't introduce concepts, such as tests of significance, I need to understand now to report about science. Not that I would have benefited, if it had covered those things: I fudged my way through that class

too, earning an A-minus on a final project that probably deserved a D. (Thanks, grade inflation).

I never considered a STEM field, not because I didn't want to, but because I thought I couldn't. Too hard. Too much math.

It was my mistake. But I'd like to foist a bit of blame on everyone who said, "You'll never use this math in real life" in my earshot.

Because, as I've learned the hard way, that is such a filthy lie.

Math is how we decide what's true and false, what's likely and unlikely. When we say we're "in-

formed" about climate change or vaccine safety or dietary fat, we're actually saying we get the math at the heart of these things.

I don't. And I know this blind spot — OK, it's more like a missing eye — could get me in trouble one day. I'm taking AP statistics, an online course designed for bright high schoolers. It's a decade overdue. Not too late, but I do wish I made my education count the first time around.

**Science Question?**  
Tweet @genna\_buck





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INTERVIEW

## Actress directs herself in film adaptation of Jerusalem book

**Steve Gow**  
For Metro Canada



It took more than two decades before Natalie Portman finally got an opportunity to work with a female director. Coincidentally, that filmmaker just happened to be her.

Making her debut behind the camera, the thespian felt so passionate about turning hit novel *A Tale of Love and Darkness* into a big-screen drama, she adapted the screenplay, took the lead role and set herself up to direct.

"The relationship between the mother and the son really moved me," said Portman of Amos Oz's memoir about growing up in 1940s Jerusalem.

"Some people have really vivid childhood imaginations of aliens or monsters and that's what they make movies about. For me, it was very much Israel. Those were the kinds of stories I heard growing up."

Portman herself was born in Jerusalem, and the 35-year-old talent has always possessed a curiosity about Israel's earliest days. In her effort to portray the era with complete accuracy, she even filmed the movie in Hebrew — at the expense of the project's potential commercial viability.

"If you make a bad movie that nobody relates to, I don't think anyone's going to come to it no matter what language it's in," said Portman, who recalls critics also told her *Black Swan* (the 2010 drama for which she won an Oscar) was ill-fated.



# Portman sees Israel through her own lens



Portman's film is the culmination of a decade's work to bring Amos Oz's biographical novel *A Tale of Love and Darkness* to the screen. It stars Amir Tessler as Amos, an Israeli author who chronicles his childhood growing up in 1940s Jerusalem. SUPPLIED

## CAREER REFLECTION IN HER OWN WORDS

### On making a period drama on a budget

"This is obviously a fraction of a fraction of a fraction of a superhero movie budget," said Portman. "(But) an audience will relate to it in a deep way and I believe in that."

### On her commitment to the acting profession

"Acting allows you do these short stints of in-

tense work and take longer breaks," said Portman, insisting she's not forsaking acting for a directing career.

"It would be nice if I had the luxury of continuing to do both."

### On overcoming her fear of vanity as an actress



"As a director I was really able to be kinder and gentler with myself just for the utilitarian purpose of needing to make the movie better," said Portman.

"Sometimes I did a good job which is usually hard to admit."

Check out the most recent performance from the Newsroom Concert Series



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# Animation studio facing complaint

## OVERTIME ISSUES

### Standards case filed against Sausage Party production arm



**David P. Ball**  
Metro | Vancouver

Seth Rogen's R-rated animated film *Sausage Party* is almost certainly not safe for work.

But according to a complaint filed by Canada's largest private sector union, the \$70-million-grossing blockbuster may have been "not fair for workers" either.

On Tuesday, a Unifor union organizer told Metro she filed a third-party complaint at the Employment Standards Branch

against Nitrogen Studios over allegations that some animators were not paid for their overtime work for the Vancouver-based studio.

"Nitrogen wouldn't be the first time we've heard complaints of unpaid overtime," said Jennifer Moreau, vice-president of Unifor Local 2000, in a phone interview.

The allegations surfaced in Hollywood Reporter, which

reviewed a letter signed by roughly 30 animators who worked on *Sausage Party* for Nitrogen. The letter alleged "unfair pressure tactics ... used against the team: intimidating staff into working past official studio hours, disciplinary measures utilizing fear tactics that demotivate and cause distress (such as threatening to terminate employment)."

Moreau had since heard

from one of the animators, whom she said "corroborated most of" the allegations.

"These comments are not surprising given the nature of the industry in Vancouver," she added. "Most of these animators and visual effects workers are working on contract, they're not unionized, and they work long hours."

On Wednesday, a major film industry union joined the fray, reaching out online to Nitrogen contractors to offer support.

On its website, the International Alliance of Theatrical Stage Employees, Moving Picture Technicians, Artists and Allied Crafts (IATSE) said that the Nitrogen allegations "are just the latest in a long history of (visual effects) employees enduring a lack of basic workplace standards and conditions, including non-payment of wages."

Nitrogen Studios would

not be interviewed Thursday, but in an email to Metro the company's president, CEO and executive producer denied the allegations entirely.

"We have been monitoring the situation and take these allegations very seriously," wrote Nicole Stinn, also listed as line producer for *Sausage Party*.

"Nitrogen Studios followed all employment regulations, so the claims are unfounded. Nitrogen also fulfilled all of its contractual obligations with its employees."

None of the allegations in the complaint letter could be independently verified by Metro. Moreau said she hoped more animators would consider coming forward.

"If any of the animators want more help on this," she said in an email, "our doors are open."

“

**Our production adhered to all overtime laws.**

Nicole Stinn, line producer

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A scene from *Sausage Party*, released by Sony Pictures.

COLUMBIA, SONY PICTURES VIA THE ASSOCIATED PRESS

## THE TOP 6@6

LAST NIGHT ON 101.3 VIRGIN RADIO:

- 6 Kungs vs Cookin' On 3 Burners  
**This Girl**
- 5 The Chainsmokers ft Halsey  
**Closer**
- 4 Tinie Tempah ft Zara Larsson  
**Girls Like**
- 3 Classified ft. Elijah  
**Beautiful Escape**
- 2 Ariana Grande  
**Into You**
- 1 Major Lazer ft. J. Bieber  
**Cold Water**



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THE TV DINNER JESSICA ALLEN



# Like Dave (in Breaking Away), I've also pretended to be Italian — mostly in the kitchen

their bells at pedestrians!) What confuses me most, however, involves what used to be pretty standard street fare: the right-hand turn.

Today, at most downtown street lights where cars and bikes converge, it's turned into a juggernaut that shouldn't be: "cyclists can either stay behind the vehicle," the Ontario Ministry of Transportation advises me in its safety material, "or pass the right-turning vehicle on the left by shoulder checking, signalling, checking again and then passing on the left. Never pass a right-turning vehicle on the right."

Mostly I just see motorists yielding to cyclists illegally passing on the right. When they don't, I've observed cyclists give motorists the finger, kick their door, and yell at them to get out of the bike lane, which — in most cases — they've legally merged into. Once a cyclist even yelled at me for lawfully yielding to a car. It's



almost enough to make you ride the streetcar.

Which is why I dialled up the 1979 classic Breaking Away on Netflix. Nominated for five Academy Awards, including best picture, and taking home a screenwriting Oscar, it's the best biking movie ever made.

OK, yes I know there's not a big pool to choose from, but the film, set in Bloomington, Indiana, during the summer that four friends figure out who they should be

after graduating high school, was on steady viewing rotation in my childhood home.

The movie climaxes with a relay bike race that sees the the four "cutters" — colloquial for townies — compete against the rich college kids. Their leader, Dave, is so obsessed with the Italian cycling team that he pretends to be one of them.

Like Dave, I've also pretended to be Italian — mostly in the kitchen, which explains why almost every

day this August, I've made panzanella salad. Grill stale bread on the barbecue, add cucumbers, pickled red onions, basil, ripe home-grown tomatoes, vinegar and olive oil and you've got dinner — without turning on the oven.

Besides nostalgia, I also owe a lot to this film, professionally speaking. Back in 2011, an editor at Maclean's thought it would be fun for the magazine's editorial assistant, me, to report from TIFF red carpets. First up was Moneyball, where I posed the profound question of: What's your favourite sports movie? Chris Pratt and Amy Ferris politely obliged. After naming Raging Bull, Field of Dreams, and A League of Their Own, Ferris dropped in Breaking Away and I lost my mind. "Breaking Away? Breaking Away!" I screamed at them. "I rode my bike here!" My festival coverage that year was nominated for a National Magazine Award. I didn't win, but I did ride my bike to the gala.

Jessica Allen is the digital correspondent on CTV's The Social.

FILM BRIEFS

Dwayne Johnson top earner in Hollywood

Dwayne Johnson elbowed Robert Downey Jr. aside to become the highest-paid actor with a fast and furious income of \$64.5 million, according to Forbes magazine.

The former wrestler beat out Jackie Chan with \$61 million and Matt Damon, who earned \$55 million. The rest of the top five on the list, released Thursday, included Tom Cruise with \$53 million and Johnny Depp with \$48 million.

The top guys make more money than the top ladies. Forbes' list of the highest-paid actresses, released earlier this week, put Jennifer Lawrence on top with \$46 million, Melissa McCarthy with \$33 million and Scarlett Johansson with \$25 million.

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## New development scheduled to open this season

Located at 25 Alderney Drive in the heart of downtown Dartmouth, the Avery condo development is aiming to redefine what downtown living can be. It offers stunning views of the Halifax harbour, a convenient location close to necessities and luxurious units that feel like home.

The Avery is a five storey mixed-use development, with 70 residential units that feature 10-foot-high tray ceilings. No detail has been overlooked; standard finishes — which are usually upgrades at other buildings — include engineered hardwood and porcelain tile floors, and granite and quartz stone countertops.

It's on the forefront of eco-friendly living: the building is non-smoking, features energy-efficient lighting, a parking area for bicycles and a common exterior green space. There is also climate control (natural gas heating and air conditioning) for comfort year-round.

There's plenty to enjoy outside the suites too. A rooftop terrace outfitted with a barbecue and kitchen is perfect for entertaining guests. There's also a fully furnished common room to host parties or

# The Avery is downtown living at its finest



CONTRIBUTED

meetings, a fitness room and sauna. Secure underground parking, landscaping and snow removal also help make life at The Avery worry-free.

The Avery offers amazing walkability. There's a farmer's market in the neighbourhood, and the trendy cafes, restaurants and the

scenic Dartmouth waterfront provide enjoyable strolls. Shopping in downtown Halifax, Mic Mac Mall or Dartmouth Crossing is also easily accessible from The Avery.

The developer behind The Avery is the Annapolis Group, a Nova Scotia firm with more than 70 years of experience. They build each

unit with a level of thought and detail as if they're constructing it for their own loved ones.

Spokesperson Margo Whitman says The Avery is an attractive option for singles, bachelors, professional couples and people who are downsizing.

"Different people are looking for different things, but still want all the better amenities, quality and location," she says.

Units range from luxury studios (\$279,900) to luxury three bedroom plus den units (\$900,000).

The Avery will open its doors this summer. Drop by the sales centre on the main floor of Belmont House (33 Alderney Drive) or visit [theavery.ca](http://theavery.ca).

### Quick facts

- Address: 25 Alderney Drive, Dartmouth
- Developer/builder: The Annapolis Group
- Architect: S.J. Keating Architect Ltd.
- Design: Ceremony Design
- Project manager: Avondale Construction
- Condos range in size from 795 sq. ft. to 2012 sq. ft. — variety of floor plans and sizes available
- Secure building with on-site superintendent
- Pet friendly

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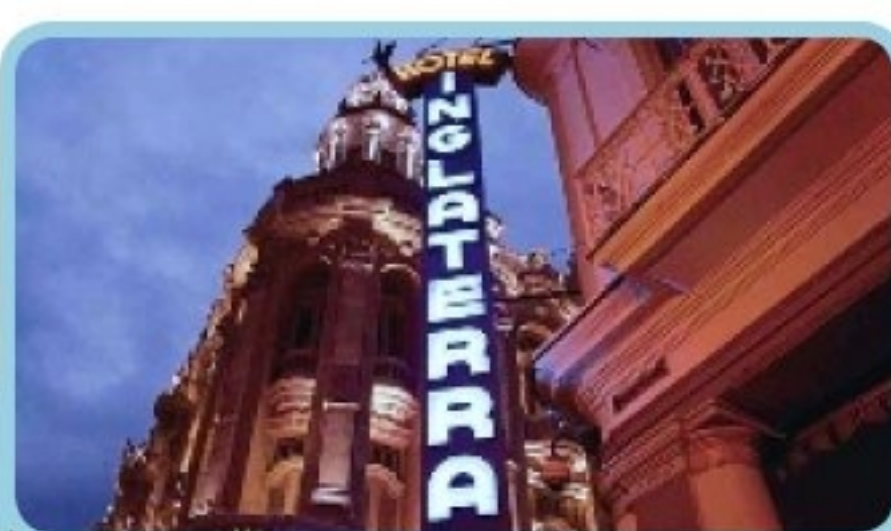


# metro TRAVEL

Your essential daily news



Hip-hop artist Jandro briefly shut down Route 66 in New Mexico with twerking, lowriders



## Havana sights

**ART AT EVERY CORNER** From pop music streaming out of colonial buildings to charming alleyways with hip-hop inspired street art to traditional dance performed in the streets, Havana's rich history plays with its youthful side.

ALL PHOTOS GRACE LISA SCOTT/FOR TORSTAR NEWS SERVICE



### CULTURE

## Music and art a constant in Cuban capital

**Grace Lisa Scott**  
For Torstar News Service

Old Havana, on a hot Saturday afternoon, is almost more than the eyes can handle.

Along the narrow streets, residents yell from their windows, vendors sell tropical fruit from wooden carts, and restless cab drivers dart in every direction. Among the cacophony and colour, two things remain constant: music and art.

Pop songs pour out of doorways as tenants sit on sidewalks, observing the flow of activity. A

stroll on these inner-city side-walks reveals street art and public installations among the bright colonial façades.

From inside a house beside an 18th-century church, a band practises a heavy electric version of Mark Ronson's Uptown Funk.

This is the vibe in this friendly metropolis, where Cuba's rich history plays well with its youthful side.

A wonderful example of this duality of culture comes in the form of the Gran Teatro de La Habana Alicia Alonso, right across from Parque Central.

Built in the early 19th century, this palatial theatre is just one of the many historical buildings swept up in a wave of restoration throughout Old Havana. It re-opened its doors in January.

The home of Cuba's national ballet, this is the place to catch

homegrown performers of a world-class calibre.

Thursday to Sunday, a journey to the central neighbourhood of Vedado is well worth it to wander the artistic labyrinth of the Fabrica de Arte Cubano, or FAC.

A converted warehouse run by the Ministry of Culture, lets visitors roam the multi-use arts space. From 8 p.m. to 3 a.m. there is art, music, movies and cocktails to take in along the way.

A trip to the upper floor reveals a painting and photography exhibit and downstairs an energetic young band called Nube Roja play funk-influenced pop to a packed crowd of dancers.

After a night at the FAC, a worthy mellow Sunday activity is a visit to Callejon de Hamel, a narrow alleyway in Central Havana filled with surrealist sculpture, vivid murals, and barbecue

smoke.

The brainchild of Cuban artist Salvador Gonzales Escalona, the painted walls and sculpture park of Callejon de Hamel is an artistic ode to the vibrant African culture of Cuba, and every Sunday afternoon Afro-Cuban rumba bands and traditional dancers perform in the alley for locals, their kids and a smattering of tourists.

Dance, drink and eat an amazing barbecued chicken sandwich prepared in front of customers, all the while feeling like a guest at the coolest Havana block party of the year.

It's certainly easy to enjoy the hustle and bustle of Havana from the comfort of one of its many patios, whiling away the hours drinking mojitos in the sun.

### ONLINE

For more information visit [GoCuba.ca](http://GoCuba.ca)



And it's a decent option — the Hotel Inglaterra near Parque Central, for instance, is a prime people-watching location.

But a few trips into Havana's cultural scene are too valuable to miss. After all, with all the commotion, what better way to hear the city's heartbeat.

Grace Lisa Scott's trip to Cuba was partially sponsored by G Adventures, which didn't review or approve this story.

### IF YOU GO ...

#### Getting there

Air Canada flies direct to Havana year-round. A cab from Jose Marti International Airport into Old Havana should have a flat rate of roughly 25 CUC (\$32.25).

#### Cash coverage

Cuba has two currencies, the Cuban Convertible Peso (CUC) for tourists, and the Cuban Peso (CUP) for residents. Everywhere you go will the airport or at exchange houses in the city. Plan to travel with cash in Havana, as local businesses don't accept debit or credit cards.



# Awesome Alaskan attractions

## THE NORTH

### Small town of Haines offers craft brews, giant hammer

**Jennifer Foden**  
For Metro Canada

I'll admit, I've impatiently waited in line to get into some trendy craft beer bar or brewery before, but this is not a story about one of those moments. Sure, I was waiting, and it was for craft beer — but I did it surrounded by mountains in Haines, Alaska, population 2,500.

Haines, 150 kilometres northwest of Juneau, was once the stronghold of the wealthy Chilkat Tlingit people, and was put on the map in the late 1800s when a former trade route was turned into a toll road for miners looking to reach the Klondike.

This charming town, 65 km from the U.S./Canada border, is



**Haines, Alaska, just 65 kilometres from the Canada/U.S. border, offers a brewery experience you won't get back in the city.** ALL PHOTOS JENNIFER FODEN/FOR METRO

a little piece of Alaskan paradise.

Located on a peninsula between the Chilkat and Chil-

koot Inlets and sur-

rounded by the Takshanuk Mountains, Haines has the looks. It has the personality too: The town has plenty of gems that

feel authentic and unique, unlike other popular spots in the region that pride themselves on kitschy experiences like lumberjack shows and salmon bakes. Must-sees include the Chilkat Bald Eagle Preserve — between

October and February, Haines has the largest concentration of bald eagles in the world — and The Hammer Museum, the world's first museum dedicated sole-

ly to hammers.

My favourite however was — surprise, surprise — Haines Brewing Company. It's amazing that this microbrewery has flourished in a place so small. Travelers play a part of course, but Haines is a bit off the beaten path. The town sees more than 175,000 visitors a year including cruise traffic, which might sound like a lot, but compare that to Juneau's more than 1.3 million.

It has been around since 1999, but reopened in downtown last year on property where an elementary school used to sit.

The beer selection is diverse and really tasty (try the Lookout Stout, a smooth, dark stout; and the Eldred Rock Red, an American red ale with caramel malts). Add to that the stunning Alaskan scenery, and waiting in line never looked so good.

**The Hammer Museum is the first in the world to dedicate itself to its namesake.**

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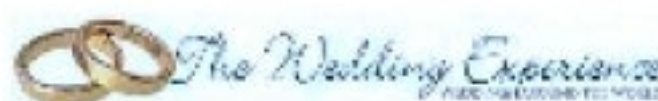
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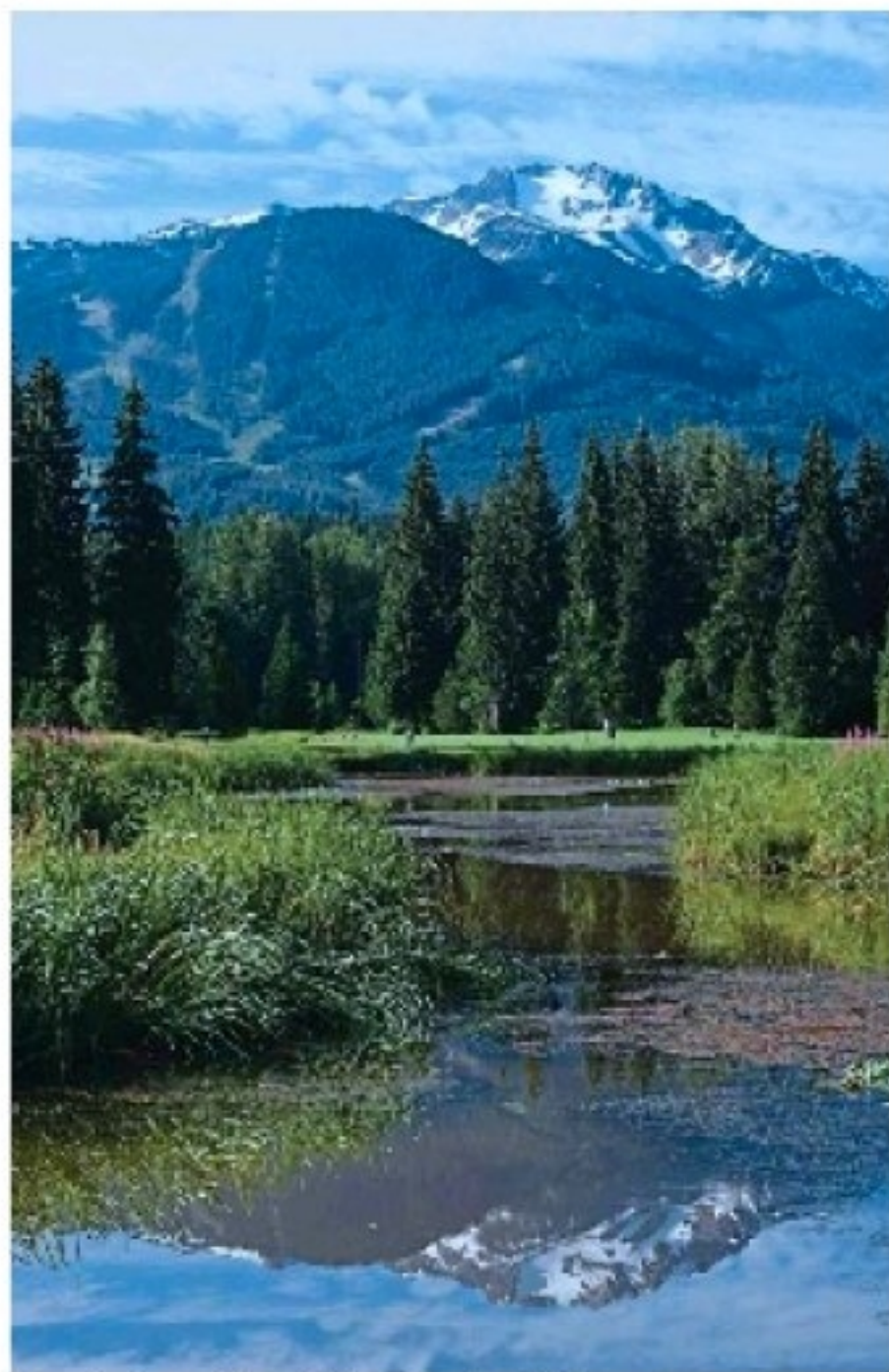
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Scenic view of the Nicklaus North Golf Course.

MIKE CRANE/TOURISM WHISTLER

# Top-notch tee offs in the mountains of Whistler

BRITISH COLUMBIA

## Resort town ranks among best golf spots

**Brian Kendall**  
For Metro Canada



Whistler is a fun-packed town no matter the season.

In winter, skiers from around the world challenge the slopes of a British Columbia village that, together with Vancouver, hosted the 2010 Winter Olympics. Even bigger crowds arrive in summer to golf, hike and savour the mountain scenery.

With three top golf courses within a five-minute taxi ride of town, and another a short drive up the highway, Whistler ranks among the best — and most convenient — golf destinations in North America.

Golf was added to Whistler's tourism mix in 1983 when municipally-owned Whistler Golf Club opened within shouting distance of a colourful, walking-

only inner village that includes dozens of restaurants, hotels, shops, bars and outdoor patios.

Designed by Arnold Palmer, this strong layout is set in a serpentine valley dotted with nine lakes and cut by two creeks. Another attraction is the club's charming outdoor patio, an ideal spot to ponder how to spend the rest of your day. Adrenaline junkies might opt for white-water rafting on the Green River, a zip-line trek across Fitzsimmons Valley, or a mad charge down the slaloms of the world's largest downhill bike park.

No one who visits Whistler is ever disappointed by the scenery. I spotted a mama bear and her two cubs during my round at Nicklaus North Golf Course. Slowly building momentum, this Jack Nicklaus-designed layout switches into high gear on a back nine featuring three strong par threes, all of which bring

water into play.

With the successful launch of acclaimed courses by Palmer and Nicklaus, golf's two biggest stars, Whistler emerged as one of North America's most talked about new golf destinations.

In 1993, the Fairmont hotel chain unveiled what purists maintain is Whistler's only true mountain course. Unlike the Palmer and Nicklaus designs, which roll gently across the flatlands of the valley floor, Fairmont Chateau Whistler Golf Course is carved through the lower slopes of Blackcomb. During the opening three grinding uphill holes at this Robert Trent Jones Jr. design, golfers experience an elevation change of more than 300 feet.

There's so much going on in Whistler that many visitors never stray beyond the town limits. But it would be foolish for any serious golfer to come this far and not play Big Sky Golf and Country

Club, about 25 minutes north in lovely Pemberton Valley.

Sheer-faced and massive, Mount Currie looms like a granite god over a brawny valley design by Bob Cupp defined by twisting creeks and seven lakes. Beware the fourth hole, not coincidentally named Purgatory. Water snakes across the fairway no fewer than four times on this 600-yard par five. Even the end of your stay in Whistler doesn't have to bring a stop to the fun. The drive south to Vancouver along the winding Sea-to-Sky Highway is one of the most picturesque in Western Canada. Just past the historic mining town of Squamish, look on the right side of the highway for a 211-yard par three set on a rocky peninsula thrusting into Howe Sound. That's the signature hole of Furry Creek Golf and Country Club. If time permits, stop and play an outrageous thrill ride of a course that's so difficult it's best not to keep score.

For more golf travel stories, visit Brian's website at [canadiangolfttraveller.com](http://canadiangolfttraveller.com)



**No one who visits Whistler is ever disappointed by the scenery. I spotted a mama bear and her two cubs.**

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Olympic 100-metre champ Elaine Thompson starred while her Jamaican teammate Usain Bolt missed the first Diamond League meet after Rio

## Mooseheads hopeful takes fatherly inspiration

QMJHL PRE-SEASON

### Prospect Gravel hopes to 'leave good impression'



**Kristen Lipscombe**  
Metro | Halifax

Protecting the crease comes naturally for Halifax Mooseheads prospect Alexis Gravel.

After all, the 16-year-old Asbestos, Que., native is the son of former professional goaltender Francois Gravel, who played in the QMJHL himself before being drafted by the Montreal Canadiens, 58th overall in the third round of the 1987 NHL Entry Draft.

"I really wanted to be like him," the younger Gravel, who the Herd selected 20th overall in the second round of this year's QMJHL Entry Draft, said Thursday.

The older Gravel went fifth overall to the Saint-Jean Castors in the first round of the 1985 QMJHL Entry Draft.

"He was just, like, my idol," said the six-foot-three, 194-pound Mississauga Senators product, who has been attending Mooseheads training camp over the past couple of weeks.

"You know when you're a

### + MORE MOOSE

#### Roster trimming continues

The Herd have dropped another seven players.

Goaltender Kirklin Allen, defencemen Trevor Bush and Denis Toner, along with forwards Ryan MacDonald, Ian MacPhee, Makail Parker and Frederik Theoret, were all released Thursday, according to a team news release.

#### SCHEDULE

■ **Friday:** Practice, 10 a.m.-12 p.m.; Practice, 4-6 p.m.

■ **Saturday:** Pre-season game at Charlottetown Islanders, 3 p.m. at Pownal Sports Centre, Alexandra

■ **Sunday:** Practice, 10 a.m.-12 p.m.; Pre-season game versus Charlottetown Islanders, 2 p.m. at Halifax Forum



Halifax Mooseheads prospect Alexis Gravel has been manning the posts at the training camp in Cole Harbour. JEFF HARPER/METRO

little boy, you always want to be like your dad," Gravel said.

His father never actually played for the Canadiens, but ended up manning the posts for several American Hockey League teams, including the Halifax Citadels, before playing overseas.

"When I started playing hockey, I was like five, and I was in Italy, because my Dad played 12 years in Europe,"

Gravel said proudly. "And he was a goalie for Team France in the Olympics."

Gravel suited up in Halifax Mooseheads gear for the first time last weekend in Moncton, helping lead this year's crop of green and red prospects to their win at the first-ever Hub City Showcase.

He also played all three periods in the Herd's first pre-season game on the road Wednesday

night, making 16 saves but letting in four goals en route to being blanked 4-0 by the Cape Breton Screaming Eagles. Halifax managed 35 shots, but just couldn't find the back of Cape Breton's net.

Nevertheless, Gravel said Moose training camp has gone well so far, adding the pace on the ice picked up this past week, with the arrival of veterans and highly touted new

Swiss import Nico Hischier.

Gravel said Halifax coaching staff are helping him work on "little details" like "leaving my glove high," while he and his new teammates are also focused on getting better every day.

Of course, his father has also provided him with some advice while at training camp.

"Just do the best that you can to make the team, and leave a good impression," Gravel said.

### IN BRIEF

#### Trout triumphs in T.O.

Mike Trout drove in four runs and Albert Pujols earned his 100th RBI of the season as the Los Angeles Angels downed the Toronto Blue Jays 6-3 on Thursday to win the three-game series.

Trout was 3 for 4 to help the Angels (54-73) out hit Toronto 11-7. Pujols had two hits while everyone else in the Los Angeles lineup reached base at least once.

THE ASSOCIATED PRESS

#### Lulay helps Lions run show

Travis Lulay rushed for two touchdowns on Thursday as the B.C. Lions defeated the Ottawa Redblacks 29-23.

Lulay came in on goal-line situations for the Lions, replacing starting quarterback Jonathon Jennings, and scored twice from one-yard out, including the winning score at 12:26 of the fourth quarter. THE CANADIAN PRESS

#### Ko chasing Choi in Calgary

Three-time champion Lydia Ko was back on the Canadian Pacific Women's Open leaderboard. Canadian star Brooke Henderson got left behind after a late start.

The top-ranked Ko shot a 5-under 67 on Thursday in Calgary in the round delayed for nearly three hours because of lightning, leaving her two strokes behind leader Chella Choi.

Henderson was 1 under with three holes left when play was suspended for the day. THE ASSOCIATED PRESS

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# Canada's trusted trio mining for gold

## WORLD CUP

### Captain Crosby, Weber, Toews will lead by example again

Hockey Canada's gold-medal leadership group will again go mining at the upcoming World Cup of Hockey. Sidney Crosby will once again serve as captain for Team Canada, joined like he was at the 2014 Sochi Olympics

by Jonathan Toews and Shea Weber as alternates.

It seemed only fitting, given Canada's success in Russia, that the defined leadership group would be given the honour once more at the revived international tournament, which begins in Toronto next month.

"They know me, I know them, they know what's expected," head coach Mike Babcock said of the decision during a Hockey Canada conference call. "And probably the thing that separates them from a lot of players

is they play their best in the biggest moments."

All three performed on the biggest international stage more than two years ago where Canada captured its second straight gold medal at the Sochi Games.

Crosby scored the second goal of the gold-medal game against Sweden and was a dominant two-way force through the tournament. He also scored one of the biggest goals in Canadian hockey history in 2010, icing the "golden goal" in overtime in Vancouver.

Toews, an unexpected star for

the Canadians in 2010, opened the scoring against the Swedes in the 2014 gold-medal tilt, leading all Canadian forwards in minutes throughout the event. One half of Canada's top pair on defence, Weber paced the group both in ice-time and production.

All three have also performed well for their NHL club during the Stanley Cup playoffs, especially Crosby and Toews, who have won five Stanley Cups combined, including the second from the Pittsburgh Penguins captain last spring. THE CANADIAN PRESS



Sidney Crosby last captained Team Canada at the 2015 world championship in the Czech Republic. MARTIN ROSE/GETTY IMAGES FILE

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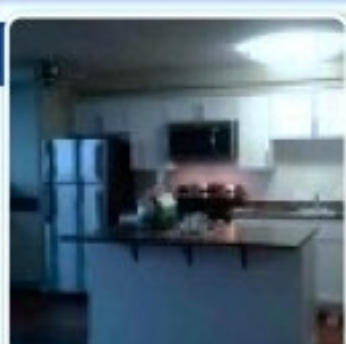
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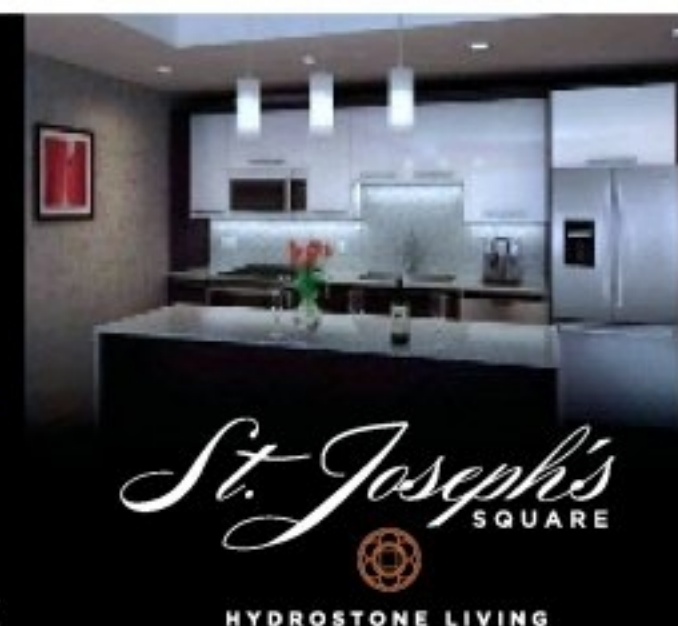
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# RECIPE Tuna Niçoise Sandwich



PHOTO: MAAYA VISINYEI

**Ceri Marsh & Laura Keogh**  
For Metro Canada

Welcome the weekend with this flavorful sammie combining tuna and egg that get a flavor boost from olive tapenade.

**Ready in 1 hour and 15 minutes**

Prep time: 15

Time in fridge: 1 hour

Makes 6 to 8 servings

## Ingredients

- 3 Tbsp olive oil
- 2 Tbsp white wine vinegar
- 1 Tbsp dijon mustard
- 2 x 7 oz cans of tuna
- 1/4 English cucumber, sliced
- 1 rustic loaf of bread
- 1 or 2 Tbsp black olive tapenade
- handful fresh basil
- 3 hard-boiled eggs

## Directions

**1.** Whisk together oil, vinegar and mustard until you have a smooth dressing. Drain your tuna well and

place it in a bowl. Add 2 table-spoons of the dressing to the tuna and mash it up with a fork and mix well. Toss the sliced cucumber in the remaining tablespoon of dressing and give it a stir.

**2.** Cut the loaf of bread horizontally and use your fingers to pinch out a good bit (about a cup) of the soft bread inside. Spread a thin layer of tapenade on piece of bread. Place a layer of sliced egg, followed by a layer of sliced tuna next. Follow with a layer of sliced cucumber.

**3.** Place the top of the bread and press down gently. Wrap the whole sandwich in plastic. Put it on a plate and weigh it down with something. Put the whole works in the fridge for at least an hour or overnight so the flavours combine and the sandwich is easier to slice.

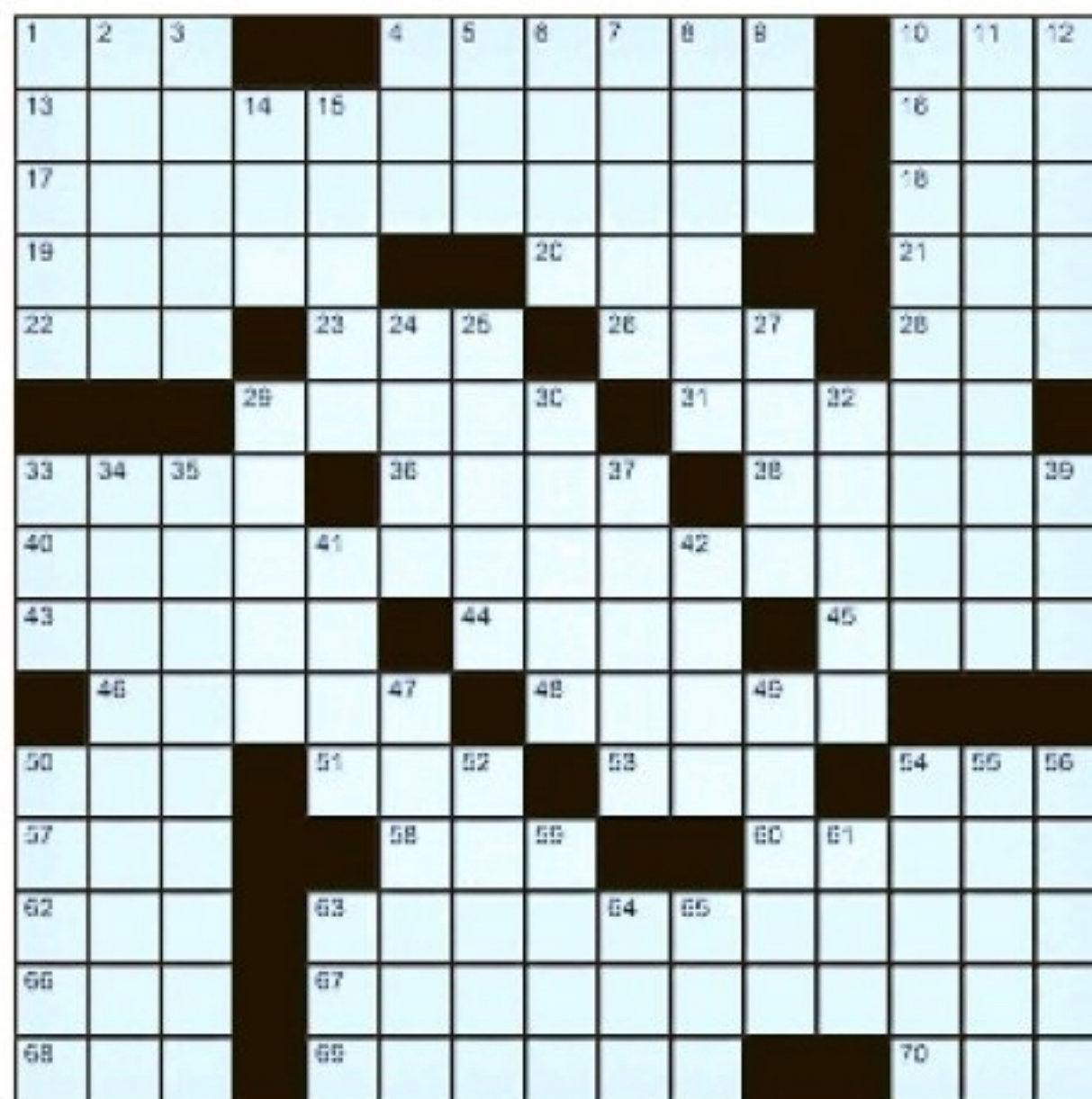
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## ACROSS

1. Sushi tuna
4. Love Grows (Where My Rosemary Goes) by \_ Lighthouse
10. TV's modern-day VCR
13. Downtown Toronto shopping attraction: 2 wds.
16. Sundial number
17. What that guy used to climb Trump Tower recently: 2 wds.
18. Cdn. buying network
19. 1985 Power Station hit: "Some Like \_"
20. Kimono belt
21. Stage hint
22. Lana Del \_
23. Performer's agt.
26. Lorne Michaels' li'l show
28. Owns
29. Pepsis
31. Masterpiece displayer
33. 'Mars'-meaning prefix
36. Wk.'s first days
38. Namesakes of Ingrid's Casablanca (1942) character
40. Canadian who anchors her own show on HLN: 2 wds.
43. Mythology: Rarified fluid
44. Way off
45. Prefix meaning 'Within'
46. Garden plant
48. Arctic boat
50. Ms. Winger, to pals
51. Affixed, abbreviated
53. Laboratory subj.



54. Battery size
57. Grand \_ Opry
58. "Yuck!"
60. Envelope insertions [abbr.]
62. Irish coronation stone, \_ Fail
63. Yeomen Warders protect them: 2 wds.

66. Muscle, e.g.
67. Randy Bachman's Springtime melts the snow... tune: 2 wds.
68. "What did you just say?"
69. Inattentive
70. Irons, symbolically

## DOWN

1. Pantheon of Norse gods
2. High, in Hull
3. Mouse on "The Simpsons"
4. \_-friendly
5. Comfy room
6. Sudbury landmark, \_ Superstack

7. Used-ticket bits
8. 'Live-forever' perennial plant
9. Belonging to Lincoln's li'l state
10. Helps out: 2 wds.
11. Sculpture or photography or ceramics: 2 wds.

12. Lyricist Tim's sur-namesakes
14. Prefix meaning 'Ear'
15. Explosive stuff
24. "If all \_ fails..."
25. 1963 Billboard chart-topper: "Hey \_"
27. Retreat
29. Salmon varieties
30. Debacle
32. Streamlined
33. Marie Claire's friend
34. Saint-Jean-sur- \_ Quebec
35. New Wave classic by Martha and the Muffins: 2 wds.
37. Sends e-mail advertising
39. \_ Luis, Brazil
41. "Thou \_ lady." - King Lear
42. Mr. McCormack
47. Metropolitan maison, pied- \_
49. Comic books scream!
50. Mr. Lundgren of Rocky IV (1985)
52. Wee hours time: 2 wds.
54. The Sign by \_ Base
55. Carpenters hit: "For \_ Know"
56. Groups, briefly
59. '39 to '45 conflict
61. Nunavut's neigh.
63. Paramedic's skill, commonly
64. Singer/songwriter Lionel's famous daughter \_her initials-sharers
65. ' \_ \_ for Jasper

# ★ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

**Aries** March 21 - April 20  
Do what you can to get better organized now. Basically, you want to turn over a new leaf. You want to be on top of your life; you even want to be healthier!

**Taurus** April 21 - May 21  
This is a lovely, playful time for your sign. Slip away on vacation if you can. Romance, the arts and enjoyable activities with children will delight.

**Gemini** May 22 - June 21  
Your attention continues to focus on home, family and your private life. One thing that consumes you now is repairs and redecorating projects.

**Cancer** June 22 - July 23  
This is a busy, fast-paced time for you, so enjoy the next few weeks. Short trips, errands, increased reading and writing plus talking to everyone will keep you on the go!

**Leo** July 24 - Aug. 23  
Money is on your mind now. You have moneymaking ideas; however, you also have ideas about how to spend money. (There are so many beautiful things and fun experiences!)

**Virgo** Aug. 24 - Sept. 23  
You have good fortune in the next few weeks, so make the most of it. Favourable circumstances and important people are attracted to you now. Lucky you!

**Libra** Sept. 24 - Oct. 23  
Work behind the scenes for the next few weeks, because this will feel best. Start to plan ahead what you want your new year (birthday to birthday) to be all

**Scorpio** Oct. 24 - Nov. 22  
Friendships are important to you now. That's why the next few weeks will be unusually social and popular for you.

**Sagittarius** Nov. 23 - Dec. 21  
Because people in authority admire you, expect to be asked to take on increased responsibilities or to do a special job. Don't worry — you will shine!

**Capricorn** Dec. 22 - Jan. 20  
Treat yourself to exciting changes and opportunities to visit different places in the next few weeks, because you need a change of scenery. Grab every opportunity to learn something new.

**Aquarius** Jan. 21 - Feb. 19  
The next few weeks are the ideal time to focus on debt, taxes, inheritances and shared property. Tie up as many loose ends as possible. You will benefit from financial transactions.

**Pisces** Feb. 20 - March 20  
Get more sleep in the next few weeks. Aside from that, your relations with partners and close friends are excellent!

## CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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GX



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**X**  
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MAZDA3 GX  
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CRV LX



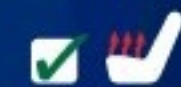
BLIND SPOT  
DETECTION

**X**  
RAV4 LE  
ROGUE SV  
CRV LX



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DETECTION

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CRV LX

LEASE FOR ONLY **\$69** WEEKLY

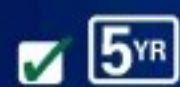
AT **0.9%**<sup>0</sup> FOR 60 MONTHS  
WITH \$999 DOWN

2017 **SANTA FE** SPORT 2.4L FWD



Ultimate model shown ♦

THINK THE COMPETITION GIVES YOU MORE THAN SANTA FE SPORT? THINK AGAIN.



WARRANTY\*\*

**X**  
ESCAPE SE  
CRV EX-L  
EQUINOX LTZ  
ROGUE SL  
PREMIUM



HEATED FRONT SEATS

**X**  
ESCAPE S  
CX-5 GX  
EQUINOX LS  
ROGUE S



17" ALLOY WHEEL

**X**  
ESCAPE S  
CRV LX  
CX-5 GX  
ROGUE S



3,058L  
MAX. CARGO VOLUME

**X**  
ESCAPE SE  
CRV EX-L  
EQUINOX LTZ  
ROGUE SL  
PREMIUM

FINANCE FOR ONLY **\$79** WEEKLY

AT **0%** FOR 84 MONTHS<sup>1</sup>

WITH **\$0** DOWN



ALSO AVAILABLE IN 6 AND  
7-PASSENGER XL MODEL

5-year/100,000 km Comprehensive Limited Warranty\*\*

5-year/100,000 km Powertrain Warranty

**5 YEAR**  
WARRANTY

5-year/100,000 km Emission Warranty

5-year/Unlimited km 24 Hour Roadside Assistance

H-Factor

THIS IS HOW WE DO IT.

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